Harrisonburg, VA Rockingham County Fairgrounds Wednesday, November 6, 2019



Race #1 Girls Championship 5k

Final Results

		FEAM SCORING SUMMARY							INDIVIDUAL RESULTS (cont'd)							
			Score	_	oring Order		Total	Avg.	Ath		S (C	JIIL CI #) Team	Score	Time	Gap
-		-		1-3-4-10-17(18)(23)												
	1	Western Albemarle Liberty Christian Aca	35 83		-4-10-17(18)(23) 2-15-24-25(29)(48	١	1:42:17 1:48:56	20:28 21:48		Watts, Natalie Waller, Aili	9 SR	6	Broadway Rockbridge Co	- 27	22:31.9	
	2 3	Fort Defiance	92				1:49:34	21:55		•	9	114 135	Spotswood	27 28	22:36.0	
	4	Fluvanna County	95		1-13-30-32(36)(39 9-21-22-31(33)(38		1:48:18	21:40		Gardner, Grace Soistmann, Elle	SR	87	Liberty Christia	(29)	22:42.6 22:48.3	
	5	Spotswood	101		-26-28-34(35)(46))	1:50:01	22:01		Guiffre, Piper	JR	14	Charlottesville	(29)	22:53.2	
	6	Rockbridge County	107		4-20-27-37(40)(45	١	1:50:36	22:08		Powell, Marissa	9	42	Fort Defiance	30	22:56.0	
	7	Heritage (Lynchburg)	186		41-42-43-44(47)(4		1:58:28	23:42		Hart, Kieri	SR	22	Fluvanna Count	31	22:57.8	
				110	+1 +2 +3 ++(+ <i>t</i>)(+	J)	1.50.20	20.72		Braun, Logan	9	38	Fort Defiance	32	22:58.0	
		DIVIDUAL RESULT								Craig, Summer	JR	20	Fluvanna Count		22:59.2	
	Athl	ete	YR	#	Team	Score	Time	Gap		Dabaghyan, Anna	9	133	Spotswood	34	23:06.6	
	1	Hull, Sterling	SR	166	Western Albem	1	19:26.8			Vess, McKenna	so	179	Wilson Memori	-	23:09.6	
	2	Tingley, Penelope	9	15	Charlottesville	-	19:34.4	7.6	49	McClure, Elizabeth	JR	137	Spotswood	(35)	23:12.5	3:45.7
	3	Smeds, Emily	JR	27	Fluvanna Count	2	19:35.4	8.6	50	Hughes, Athena	SO	119	Rustburg	-	23:14.4	3:47.6
		Stutzman, Jenna	SO	171	Western Albem	3	20:01.2	34.4	51	Moffett, Sarah	JR	40	Fort Defiance	(36)	23:23.1	3:56.3
	5	Ratcliffe, Kate	JR	169	Western Albem	4	20:02.6	35.8	52	Hoover, Jessa	9	108	Rockbridge Co	37	23:31.0	4:04.2
	6	Milby, Mary	SR	140	Spotswood	5	20:37.4	1:10.6	53	Morris, MacKenzie	SR	25	Fluvanna Count	(38)	23:40.0	4:13.2
		Neff, Trinity	9	41	Fort Defiance	6	20:54.1		54	Wheeler, Dagon	SO	47	Fort Defiance	(39)	23:40.5	4:13.7
		Andrews, Heidi	JR	79	Liberty Christia	7	20:58.0	1:31.2	55	Baucom, Paige	JR	177	Wilson Memori	-	23:45.5	4:18.7
		Dana, Eliza	JR	178	Wilson Memori	-	20:58.1		56	Nelson, Liesel	SR	111	Rockbridge Co	(40)	23:49.3	4:22.5
		Rees, Emily	SR	142	Turner Ashby	-	20:58.5		57	Patterson, Reagan	SO	60	Heritage (Lynch	41	24:02.6	4:35.8
		Milby, Jamie		139	Spotswood	8	21:03.4		58	Seward, Dezara	SO	61	Heritage (Lynch	42	24:02.8	4:36.0
		McClung, Elizabeth	9	110	Rockbridge Co	9	21:03.5		59	Ufema, Zion	9	63	Heritage (Lynch	43	24:19.0	4:52.2
		Neilon, Jackie	9	168	Western Albem	10	21:03.5		60	Venters, Ana	JR	64	Heritage (Lynch	44	24:20.4	4:53.6
		Van der Pluijm, Kika	SR	16	Charlottesville	-	21:11.2		61	Mastin, Elizabeth	9	109	Rockbridge Co	(45)	24:32.2	5:05.4
		Staley, Emma	9	45	Fort Defiance	11	21:19.4		62	McKinney, Anna	SR	138	Spotswood	(46)	24:41.2	5:14.4
		Kearney, Heidi	SR	83	Liberty Christia	12	21:24.5		63	Helein, Georgia	SR	59	Heritage (Lynch	(47)	25:03.3	
		Stogdale, Delaney	JR	46	Fort Defiance	13	21:25.8			Long, Lydia	9	84	Liberty Christia	(48)	25:14.3	5:47.5
		Wilson, Caroline	JR	101	Monticello	-	21:30.9			Garbarini, Ashley	9_	67	Liberty (Bedford	-	25:15.6	
		Timmes, Karalyn Baker, Makenna	SR SO	112 80	Rockbridge Co Liberty Christia	14 15	21:33.1 21:36.6			Erskine, Jaeden	SO	58	Heritage (Lynch	(49)	25:39.0	
•		Shuren, Kelly	SR	100	Monticello	-	21:39.2			Maxwell, Charlotte	9	68	Liberty (Bedford	-	26:40.8	
		Steger, Grace	SR	62	Heritage (Lynch	- 16	21:42.4			Gallier, Brittany	9	118	Rustburg	-	27:07.7	
		ThomasClarke, Charlot		173	Western Albem	17	21:42.5		69	Hughes, Christabel	9	120	Rustburg	-	27:12.4	7:45.6
		Stone, Jordan	9	170	Western Albem	(18)	21:45.4									
		Lintecum. Hattie	SR	24	Fluvanna Count	19	21:47.1									
•		Henderson, Alexis	9	99	Monticello	-	21:52.1									
		Timmes, Megan		113	Rockbridge Co	20	21:52.2									
		Earsing, Haleigh		117	_	-	21:52.4									
		Beckman, Emily	JR	18	Fluvanna Count	21	21:57.7									
		Ryan, Mia	SO	4	Broadway	_	21:58.5									
•		Creasy, Madeline	9	21	Fluvanna Count	22	21:59.5		1							
		Taylor, Ella	JR	172	Western Albem	(23)	22:04.4									
		Stevens, Mackenzie	9	153	Waynesboro	-	22:12.3									
		Craun, Rachel	SO	141	Turner Ashby	-	22:23.2									
_	35	Tyree, Lexi	JR	88	Liberty Christia	24	22:27.9	3:01.1								
•		Hesse, Taylee	SO	82	Liberty Christia	25	22:29.0	3:02.2								
	37	Kim, Katelyn	SO	136	Spotswood	26	22:31.0	3:04.2								
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Harrisonburg, VA Rockingham County Fairgrounds Wednesday, November 6, 2019



Race #2 Boys Championship 5k

31 Macasa, Joshua

SR 74 Liberty Christia

Final Results

Technolarium Score Scoring Order Total Mastern Albemante 15 1-2-3-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02 12-305 12-30-4-5(6)(8) 1-21-02-02 12-305 12-30-4-5(6)(8) 1-21-02-02 12-305 12-30-4-5(6)(8) 1-21-02-02 12-305 12-30-4-5(6)(8) 1-21-02-02 12-30-4-5(6)(8) 1-21-02-02 12-30-4-5(6)(8) 1-21-02-02-02 1-21-02-02-02 1-21-02-02-02 1-21-02-02-02-02 1-21-02-02-02-02-02-02-02 1-21-02-0		TEAM SCORING SU			INDIVIDUAL RESULTS (cont'd)											
Western Albemarte				1	oring Order		Total	Δνα						Score	Time	Gan
2 Prof Deflance 102 5-16-20_26-28[68](39] 12-B14 17-39 34 Shopherd, Jonas JR 150 Kypnesborn 28 18.05.8 22-10. 4 Waynesborn 105		-														
4 Waynesboro 105* Ilberty Christian Aca 125* (2-20-26-28(36))(39) 128-14 17.39 24 Shephend, Jonas J. 143 Waynesboro 29 18.05.8 22.10 5 Liberty Christian Aca 125 129-52/24/27-S3(35)(38) 12.95.2 17.59 25 Ball, Anthony 9 143 Waynesboro 30 18.11.2 22.67 6 Monticello 138 7-12-31-40-48(49)(52) 13.90.5 18.06 37 Shifflett, Nathan 38 7-12-31-60-84 23.06 18.25 27.73 38 Holmes, Matthew 58 7-17 Wisson Memori 28 18.20.2 23.65 8 Holmes, Matthew 58 17 Wisson Memori 20 18.20.2 23.65 8 Holmes, Matthew 58 7.71 Liberty Christia 33 18.21.2 22.05 8 Holmes, Matthew 7.05 7.05 38 18.20.2 23.05 8 No.20 9 No.20 9 No.20						1)			ı	•			ŭ			
4 Maynesboro 106					, ,,	•			I	•			•			
5 Liberty Christian Aca 126 19-23-2-27-38(35)(38) 1-28-52 17-56 156 Monticello 138 7-12-31-40-48(49)(52) 1-30-25 18-05 37 Shifflett, Nathan JR 35 Fort Defiance 32 18-154 23-05 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 38 Holmes, Matthew SR 175 Wilson Memori - 18-20-2 23-54 41 Holeps, Kamden SR 75 Liberty Christia 33 18-218 23-70 42 41 Holeps, Kamden SR 75 Liberty Christia 38 Holmes, Matthew SR 175 Western Albem 2 16-09-0 24-2 48 Lam, Dylan SO 126 Spotswood 39 18-44 2-59-4 48 Lam, Dylan SO 126 Spotswood 39 18-44 2-59-4 48 Lam, Dylan SO 126 Spotswood 39 18-44 2-59-4 48 Lam, Dylan SO 126 Spotswood 39 18-44 2-59-4 48 Lam, Dylan SO 126 Spotswood 39 18-44 2-59-4 48 Lam, Dylan SO 126 Spotswood 39 18-44 2-59-4 48 Lam, Dylan SO 126 Spotswood 39 18-44 2-59-4 48 Lam, Dylan SO 126 Spotswood 39 18-44 2-59-4 49 18-40 18-		•			` /\	,			I	•			•			
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Tibbreakers						54)			I	·						
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Spotswood	•	*Tiebreakers							-	·						
Name		Spotswood		15	16 20	26	28	36	l	• •			•			
Molivididad Molice Molic		•		11												
Athlete	_									· ·		-	ū	(36)		
Arthlete		INDIVIDUAL RESUL	TS							· ·			•			
Eliason, Jack SR 156 Western Albern 1 15:44.8 47 Poff, Nathaniel SR 76 Liberty Christia (38) 18:43.2 2:58.4 2 Terrill, Stuart SR 162 Western Albern 2 16:09.0 24.2 48 Lam, Dylan SO 126 Spotswood (39) 18:43.2 2:59.4 3 Taylor, Joseph JR 161 Western Albern 3 16:17.6 32.8 49.1 54 49.1 56 Munt, Chasen SR 76 Liberty (Bedford - 18:50.8 3:06.0 56 Sonner, Will SR 155 Western Albern 5 16:26.3 40.5 56 Munt, Chasen SO 7 Brookville High - 18:50.8 3:06.0 56 Munt, Chasen SO 7 Brookville High - 18:50.8 3:06.0 Monticello 40 18:56.3 3:01.5 Monticello 40 40:20.5 Monticello 40:20.5 Mon		Athlete	YR	#	Team	Score	Time	Gap	$\overline{}$							
2 Terrill, Stuart SR 162 Western Albern 2 16:09.0 24.2 48 Lam, Dylan SO 126 Spotswood (39) 18:44.2 2:59.4 3 Taylor, Joseph JR 161 Western Albern 4 16:24.9 40.1 5 Hours, Joseph JR 161 Western Albern 5 16:25.3 40.5 5 Hourt, Chasen SO 7 Brookville High - 18:50.8 3:06.0 5 Hourt, Chasen SO 8 So Noticello SO 9 Charlottesville 43 19:03.2 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2 3:04.5 19:03.2	_	1 Eliason, Jack	SR	156	Western Albem	1	15:44.8		1	,						
3 Taylor, Joseph JR 161 Western Albern 3 16:17.6 32.8 49 Sedowy, John Ryan SR 103 Rockbridge Co - 18:46.2 3:01.4 4 Hawkes, Joe SR 157 Western Albern 4 16:24.9 40.1 50 Hunt, Chasen SO 7 Brookville High - 18:50.8 3:06.0 51 Avila, Vagn SR 66 Liberty (Bedford - 18:50.8 3:06.0 52 Horney, Will SR 155 Western Albern (6) 16:35.6 50.8 50.8 52 Vizcaino, Esteban JR 98 Monticello 40 18:56.3 3:11.5 52 Krehmeyer, Will SR 92 Monticello 7 16:40.2 55.4 53 Aultice, Matt JR 49 Heritage (Lynch 41 19:07.0 3:22.2 48 Shifflett, Owen 9 160 Western Albern (8) 16:42.9 58.1 55 Cook, Eli SO 9 Charlottesville 43 19:10.3 3:25.5 10 Richards, Luke SR 54 Heritage (Lynch 10 16:46.1 1:01.3 11 Sikora, Sam SR 151 Waynesboro 11 16:53.0 1:08.2 57 Reyes, Sergio SR 12 Charlottesville 45 19:18.5 3:33.7 12 Shumate, Rafe SR 176 Wilson Memori - 16:54.1 1:09.3 58 Weaver, Evan SR 2 Broadway - 19:19.5 3:34.7 14 McKee, Reece JR 11 Charlottesville 13 17:02.7 1:17.9 60 Brumfield, Nick SR 144 Waynesboro (47) 19:29.6 3:44.8 15 Moyers, Ashton SO 32 Fort Defiance 14 17:12.1 1:27.3 62 Kenahan, Aidan SR 130 Spotswood 15 17:13.7 1:28.9 62 Kenahan, Aidan SR 130 Spotswood 15 17:13.7 1:28.9 63 Sweeney, Landon JR 115 Rustburg - 19:42.3 3:57.5 18 Groves, Adam 9 147 Waynesboro 18 17:22.5 1:40.9 64 Kubasiak, Trent JR 94 Monticello (49) 20:01.7 4:16.9 19 American, Ban SR 70 Liberty Christia 19 17:32.3 1:47.5 68 Spaeder, Joey SO 97 Monticello (52) 2:09.0 5:24.2 19:00.0 5:24		2 Terrill, Stuart	SR	162	Western Albem	2	16:09.0	24.2	ı	•			•	, ,		
4 Hawkes, Joe SR 157 Western Albern 4 16:24,9 40.1 50 Hunt, Chasen SO 7 Brookville High - 18:50,8 30:60.6 5 Bonner, Will SR 155 Western Albern (6) 16:25,3 40.5 5 14 vila, Vagn SR 66 Liberty (Bedford - 18:56.3 31:1.5 7 Krehmeyer, Will SR 92 Monticello 7 16:40.2 55.4 52 Vizcaino, Esteban JR 98 Monticello 40 18:56.3 3:11.5 7 Krehmeyer, Will SR 92 Monticello 7 16:42.9 58.1 54 Gaona Maldonado, Tris JR Helritage (Lynch 41 19:07.0 3:22.2 8 Shifflett, Owen 9 160 Western Albern (8) 16:42.9 59.4 56 Gook, Eli SO 9 Charlottesville 43 19:10.7 3:22.2 10 Richards, Luke SR 15 Wilson Memori 1 16:54.1		3 Taylor, Joseph				3	16:17.6	32.8	ı				•			
5 Bonner, Will SR 155 Western Albem 5 16:25.3 40.5 51 Avila, Vagn SR 66 Liberty (Bedford - 18:53.1 30:83.1 6 Kallen, Thomas JR 158 Western Albem (6) 16:35.6 50.8 52 Vizcaino, Esteban JR 98 Monticello 40 18:56.3 31:1.5 7 Krehmeyer, Will SR 92 Monticello 7 16:40.2 55.4 53 Aultice, Matt JR 49 Heritage (Lynch 41 19:07.0 3:22.2 8 Shifflett, Owen 9 160 Western Albem (8) 16:42.9 58.1 54 Gaona Maldonado, Tris JR 49 Heritage (Lynch 41 19:07.0 3:22.2 10 Richards, Luke SR 54 Heritage (Lynch 10 16:64.1 1:01.3 56 Izzillo, lan SO 29 Fort Defiance 41 19:14.9 3:30.3 11 Sikora, Sam SR 151 Waynesboro 11 16:53.0 1:08.5 57 Reyes, Sergio SR 12 Charlottesville 43 19:		4 Hawkes, Joe	SR	157	Western Albem	4	16:24.9	40.1					ŭ	_		
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24 Tennant, Edison SO 13 Charlottesville 21 17:48.6 2:03.8 70 Roberts, Grayson 9 55 Heritage (Lynch (54) 22:51.9 7:07.1 25 White, Trevor JR 3 Broadway - 17:50.4 2:05.6 26 Mason, Luken JR 31 Fort Defiance 22 17:54.6 2:09.8 27 Crowder, Ooch SR 72 Liberty Christia 23 17:57.8 2:13.0 28 Venable, Keegan 9 77 Liberty Christia 24 17:58.6 2:13.8 29 Tindall, Sam SO 37 Fort Defiance 25 17:58.7 2:13.9		23 Adams, Brannon	SO	65	Liberty (Bedford	-	17:40.6	1:55.8			JR	50	Heritage (Lynch			
26 Mason, Luken JR 31 Fort Defiance 22 17:54.6 2:09.8 27 Crowder, Ooch SR 72 Liberty Christia 23 17:57.8 2:13.0 28 Venable, Keegan 9 77 Liberty Christia 24 17:58.6 2:13.8 29 Tindall, Sam SO 37 Fort Defiance 25 17:58.7 2:13.9		24 Tennant, Edison	SO	13	Charlottesville	21	17:48.6	2:03.8	70	Roberts, Grayson	9	55	Heritage (Lynch		22:51.9	7:07.1
27 Crowder, Ooch SR 72 Liberty Christia 23 17:57.8 2:13.0 28 Venable, Keegan 9 77 Liberty Christia 24 17:58.6 2:13.8 29 Tindall, Sam SO 37 Fort Defiance 25 17:58.7 2:13.9	_	25 White, Trevor	JR	3	Broadway	-	17:50.4	2:05.6								
28 Venable, Keegan 9 77 Liberty Christia 24 17:58.6 2:13.8 29 Tindall, Sam SO 37 Fort Defiance 25 17:58.7 2:13.9		26 Mason, Luken	JR	31	Fort Defiance	22	17:54.6	2:09.8								
29 Tindall, Sam SO 37 Fort Defiance 25 17:58.7 2:13.9		27 Crowder, Ooch	SR	72	Liberty Christia	23	17:57.8	2:13.0								
,		28 Venable, Keegan	9	77	Liberty Christia	24	17:58.6	2:13.8								
30 Peters, William SO 128 Spotswood 26 17:59.4 2:14.6		29 Tindall, Sam	SO	37	Fort Defiance	25	17:58.7	2:13.9								
	_	30 Peters, William	SO	128	Spotswood	26	17:59.4	2:14.6	ļ							

18:01.2 2:16.4

Harrisonburg, VA Rockingham County Fairgrounds Wednesday, November 6, 2019



Race #3 Girls Alternate 5k

Final Results

IN	INDIVIDUAL RESULTS											
Ath	ete	YR	#	Team	Score	Time	Gap					
1	Jones, Caroline	JR	167	Western Albem	-	21:30.0						
2	Beck, Cat	9	164	Western Albem	-	21:39.6	9.6					
3	Collier, Sienna	9	165	Western Albem	-	21:51.0	21.0					
4	4 Hart, Shea		23	Fluvanna Count	-	23:50.5	2:20.5					
5	Sheets, Allison	so	44	Fort Defiance	-	23:51.5	2:21.5					
6	Castro, Sara	SO	132	Spotswood	-	24:18.5	2:48.5					
7	Clarke, Samantha	JR	19	Fluvanna Count	-	24:43.8	3:13.8					
8	Altizer, Lindsey	SR	131	Spotswood	-	24:48.0	3:18.0					
9	Flesher, Jenna	SR	39	Fort Defiance	-	24:53.9	3:23.9					
10	Sites, Maggie	JR	26	Fluvanna Count	-	25:02.0	3:32.0					
11	Hickman, Abigail	9	107	Rockbridge Co	-	25:06.8	3:36.8					
12	Fafatas, Sophia	9	106	Rockbridge Co	-	25:45.4	4:15.4					
13	Coleman, Dreamer	SR	105	Rockbridge Co	-	26:12.5	4:42.5					
14	Coco, Lauren	SR	81	Liberty Christia	-	26:33.6	5:03.6					
15	Falter, Lauren	JR	134	Spotswood	-	26:56.4	5:26.4					

Harrisonburg, VA Rockingham County Fairgrounds Wednesday, November 6, 2019



Race #4 Boys Alternate 5k

Final Results

INDIVIDUAL RESULTS										
Athlete		YR	#	Team	Score	Time	Gap			
1	1 Mayhew, Miles		127	Spotswood	-	18:49.9				
2	Church, Tyler	SR	122	Spotswood	-	18:51.9	2.0			
3	Hoover, Jon	9	73	Liberty Christia	-	19:33.4	43.5			
4	Powell, Weston	9	34	Fort Defiance	-	19:36.0	46.1			
5	Landes, Roth	SR	30	Fort Defiance	-	20:00.6	1:10.7			
6	Ruebke, Jonas	SR	129	Spotswood	-	20:06.2	1:16.3			
7	Neff, Hector	SO	33	Fort Defiance	-	20:06.7	1:16.8			
8	Whitcomb, Sam	SO	152	Waynesboro	-	20:08.2	1:18.3			
9	Miller, Camden	JR	148	Waynesboro	-	20:25.3	1:35.4			
_10	Creasy, Caleb	SR	145	Waynesboro	-	20:33.1	1:43.2			
11	Krouse, Jacob	SO	93	Monticello	-	22:13.2	3:23.3			
12	Beers, Max	SR	90	Monticello	-	22:13.5	3:23.6			
13	Thompson, Morgan	9	57	Heritage (Lynch	-	22:41.9	3:52.0			
14	Elliott, Miles	SR	51	Heritage (Lynch	-	23:13.4	4:23.5			
_15	Aultice, Andrew	9	48	Heritage (Lynch	-	23:43.1	4:53.2			